Flash Worksheet - Leg

Anterior Compartment

Ankle Dorsiflexors & Toe Extensors

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| Tibialis Anterior |  |
| Leg Anterior Tibialis in the group | O: lateral tibial condyle & ½ lateral surface of tibia  I: medial cuneiform & base of 1st metatarsal  N: Deep Fibular (Peroneal) N. (L4-S1)  A: 1. Ankle dorsiflexion  2. Foot inversion (powerful)  Blood Supply: Anterior Tibial a. |
| Extensor Hallucis Longus |  |
| Leg Anterior Tibialis in the group | O: Middle ½ anterior surface of fibula & interosseous membrane  I: base of distal phalanx  N: Deep Fibular (Peroneal) N. (L4-S1)  A: 1. Great toe extension  2. Ankle dorsiflexion  Blood supply: Tibial a. |
| Extensor Digitorum Longus |  |
| Leg Anterior Tibialis in the group | O: lateral tibial condyle & ¾ of media lsurface of fibula & interosseous membrane  I: middle phalanx of lateral 4 toes  N: Deep Fibular (Peroneal) N. (L4-S1)  A: 1. PIP Extension of lateral 4 toes  2. Ankle Dorsiflexion  Blood Supply: Tibial a. |
| Fibularis (Peroneus) Teritus |  |
| Leg Lateral compartment unlabeled in situ | O: Inferior 1/3 anterior surface of fibula  I: dorsal shaft of 5th metatarsal  N: Deep Fibular (Peroneal) N. (L4-S1)  A: 1. Ankle dorsiflexion  2. foot eversion  Blood Supply: tibial a.  \*may be absent, very small m. |

Lateral Compartment

Ankle Plantarflexors & Foot Evertors

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| Fibularis (Peroneus) Longus |  |
| Leg Lateral compartment unlabeled in situ | O: Fibular head and lateral surface of fibula  I: base of 1st metatarsal \* medial cuneiform  N: *Superficial* Fibular (Peroneal) N. (L5-S2)  A: 1. Subtalar eversion  2. Weak ankle plantarfleion  Blood Supply: fibular a. |
| Fibularis (Peroneus) Brevis |  |
| Leg Lateral compartment unlabeled in situ | O: distal lateral surface of fibula  I: base of 5th Metatarsal  N: *Superficial* Fibular (Peroneal) N. (L5-S1)  A: 1. Subtalar eversion  2. Weak ankle plantarflexion  Blood Supply: fibular a. |

Posterior Compartment

Ankle Plantarflexors & Toe Flexors

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| Gastrocnemius (*Superficial*) |  |
| layering in leg | \*2 heads  O: femoral condyles (medial & lateral)  I: calcaneal tuberosity (Achilles tendon)  N: Tibial N. (S1, S2)  A: 1. Plantar Flex ankle  2. Flex knee  Blood Supply: sural a. |
| Soleus (*Superficial*) |  |
| deep popliteal fossa | O: Posterior tibia & fibula  I: Calcaneal Tuberosity (Achilles tendon)  N: Tibial N. (S1, S2)  A: 1. Stablilizes knee indirectly by stabilizing tibia  2. Ankle plantar flexion  Blood Supply: sural a. |
| Plantaris (*Superficial*) |  |
|  | O: Lateral Supracondylar line of femur & oblique popliteal ligament  I: Calcaneal Tuberosity (Achilles tendon)  N: Tibial N. (L5, S1)  A: Dynamic stabilizer of the knee  Blood Supply: sural a. |
| Tibialis Posterior (*Deep)* |  |
|  | O: Interosseous Membrane & Posterior tibia & Fibula  I: Navicular tuberosity & fibrous expansion of cuneiforms, cuboid and bases of 2nd, 3rd, & 4th metatarsals  N: Tibial N. (L4, L5, S1)  A: 1. Plantar flexes foot  2. Foot inversion  3. Eccentricly controls against dorsiflexion and eversion/pronation  Blood Supply: posterior tibial a. |
| Flexor Digitorum Longus (*Deep)* |  |
|  | O: Tibia an posterior tibialis muscle fascia  I: distal phalanges of lateral 4 toes  N: Tibial N. (L5, S1, S2)  A: 1. Ankle, MTP & IP flexion  2. Foot inversion  Blood Supply: posterior tibial a. |
| Flexor Hallucis Longus (*Deep)* |  |
|  | O: Distal 2/3 of posterior fibula  I: base of distal phalanx of great toe  N: Tibial N. (L5, S1, S2)  A: 1. MTP and Hallux IP joint flexion  2. Ankle plantarflexion  3. Foot inversion  Blood Supply: posterior tibial a. |
| Popliteus (*Deep)* |  |
|  | O: lateral Femoral condyle  I: tibia’s soleal line (posteriomedial tibia)  N: Tibial N. (L4-S1)  A: 1. Dynamic knee stabilizer  2. Assists with knee flexion  3. Internal (medial) rotator of tibia on femur  Blood Supply: popliteal a. |